

In-Season Phase 5

Day 1

A Romainian Deadlift

Week	Sets	Reps
1	4	5
2	5	5
3	5	3
4	5	3

Set 1	Set 2	Set 3	Set 4	Set 5

B1 TRX Inverted Row

Week	Sets	Reps
1	3	max
2	4	max
3	5	max
4	3	max

Set 1	Set 2	Set 3	Set 4	Set 5

B2 1/2 Kneeling Cable Lift

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C DB Reverse Lunge

Week	Sets	Reps
1	3	12/side
2	3	12/side
3	3	12/side
4	3	12/side

Set 1	Set 2	Set 3

In-Season Phase 5

Day 2

A DB Goblet Squat

Week	Sets	Reps
1	5	10
2	5	8
3	5	6
4	3	6

Set 1	Set 2	Set 3	Set 4	Set 5

B1 3-Point DB Row

Week	Sets	Reps
1	5	10/side
2	5	10/side
3	5	8/side
4	5	8/side

Set 1	Set 2	Set 3	Set 4	Set 5

B2 Bodysaw

Week	Sets	Reps
1	3	10/side
2	3	10/side
3	3	10/side
4	3	10/side

Set 1	Set 2	Set 3

C KB Swing

Week	Sets	Reps
1	3	10
2	4	10
3	5	10
4	5	10

Set 1	Set 2	Set 3	Set 4	Set 5